



Psychological Well-being in Adolescence of gender difference

Asha P. Vataliya

Visiting Faculty, Department of Psychology, Maharaja Krishnakumarsinhji Bhavnagar University, Bhavnagar (Gujarat.)

ABSTRACT

The aim of the present study was investigated to psychology Well –being in Adolescence of gender Difference. The random sampling Method was used in this study. The total sample consisted 60 Adolescent. 30 of Girle and 30Boy of 11th standard students selected from the Bhavnagar city. the research tool for psychological well- being scale developed by svdha boggle (1995). In this research psychological well-being Inventory was used for data collection Data was analyzed by 't' test verify the hypothesis. The result shows that 't' value is 3.34 that is significant at 0.01 level. So, the hypothesis is not accepted. It means girls and boys Adolescent was very far difference between in psychological well-being.

KEYWORDS : Psychological well-being. sis

Introduction

Psychological well being is a state of mind desirable for one and all. Some of the characteristics associated with psychological well being are: optimism, positive work attitudes, understanding, reaching out to people, maintaining good health, ability to sustain relationships, able to handle crisis effectively etc. The above characteristics sound utopian in the context of present day life style. Society today is driven by competition and is putting pressure on the people.

Well –being is a concept that encompasses a well-rounded, balanced ,and comprehensive experience of life .It includes health in social , physical, mental, emotional ,career, and spiritual domains.

Well-being is when we are at a place in life where everything has come together and we are proud and place. Understanding and incorporating the above ideas can bring greater wisdom, self –awareness, and bring greater self –awareness, and psychological well-being.

Positive psychological definition of wellbeing generally include some of six general characteristics .The six characteristics of well-being most prevalent in definition of well-being are:

- the active pursuit of well-being
- absence of attributes:
- positive affect or life satisfaction;
- Prosocially behaviour;
- Multiple dimensions; and – personal optimisation.

Adolescence is a transitional stage of physical and psychological Human development that generally occurs during the period from puberty to legal adulthood .the period of adolescence is most closely associated with the teenage years, though it's physical, psychological and end cultural expressions may begin earlier and end later

The teenage years are also called adolescence. During this time, parents will see the greatest amount of growth in height and weight in their child .Adolescence is a time for growth spurts and puberty changes. An adolescent may grow several inches in several months followed by a period of very slow growth, and then have another growth spurt. Changes with puberty may occur gradually or several signs may become visible at the same time.

There is a great amount of variation in the that of changes that may occur, some teenagers may experience these signals of maturity sooner or later others. The following indicates the average for adolescents 13 to 18 years old.

As we venture into the dawn of the new millennium, adolescent development has emerged as a major area of psychological research .Adolescent have long been regarded as a group of people who are searching for the selves to find some fume of identity and meaning in their lives .They have also been regarded as a difficulties and problems in their transition to adulthood.

One aspect of adolescents is their emotions, and within schools and society as a whole, this aspect has often been overlooked. Students are measured in terms of their performance and grades.

Adolescence stage is a period of transition in which a person is faced with challenges and difficulties that may throw him in to confusion and troubles. However .it is also a period where young men and women. Could be prepared for adult life ahead understanding the well-being of adolescents and the factors that contribute to it will help towards clarifying and defining ways to better help adolescents prepare for adult life .one of the questions that has gained interest in the study among adolescents is whether there is difference in psychological well-being between males and females (Rothmans ,Kirsten &Wising,2003)

Investigation gender differences in psychological well-being is important as not all people are identical .considering differences among them will help in the of fort to empower individuals to achieve their fall- potential and self –actualization . Recent studies on gender differences in psychological well-being have yielded contradictory findings which underscores the need to study more on the impact of gender on important well-being outcomes .

Related study:

1 Jeannie A .perez ,” Gender difference in psychological well-being among Filipino college student samples,” Dela sale university –Dasmairinas, cutie, philippines.

2 peter A creed 7 Tania Watson, ”Age, gender, psychological well-being and the impact of losind the latent and manifest benefits of employment in unemployed yes people ,” Griffith university,

Methodology:

Objective- To compare psychological well-being of girl and boy Adolescent.

Hypotheses-

There is no significant difference between girls and boys Adolescent in psychological well-being

Variable- Independent

11th standard students at two levels
A1-Girls Adolescent
A2 –boy Adolescent

Depended variable-

To get score on psychological well- being among Girls and Boys Adolescent.

Sample-

The sample consisted of 60 Adolescent.(30 of Girls and 30 of Boy of 11th standard students) the sample was selected by random method from Bhavnagar city.

Tools- In this research psychological well-being questionnaire where

used from the data collection. it was constructed and standardized by sudha boggle (1995). they have madam girlish version scale but investigator has used Gujarati version scale made by pankaj several(2000). The reliability is 0.85 and the validity was very high

Research Design

11th standard students at two levers

A1-Girls Adolescent

A2 –boy Adolescent

Statistical Method

Variable	Sample-N	Mean	S.D	SED	't' value	Sig -L
Girls	30	21.50	3.02	0.89	3.34	0.01
Boy	30	18.53	3.93			

Sig L=0.01=2.66

Result Discussion-

The main objective of present study was study of psychological well being among girls and boy adolescent .in it statistical't' method Waileed Results discussions of present study is as under.

The result obtained on the psychology well –being reveals significant difference of girls and boy Adolescent.

The girl students received higher mean score 21.50 as compared to the boy students. There has mean difference was 18.53 and the standard deviation score of girl student s received 3.02 and the boy student received 3.93. So we can say that girl student have a good psychological well-being than boy students. The "t" value of psychological well-being was 3.34.

According to the't' test the numeric value that we get is 3.34 which is significant at 0.01 level. Therefore the hypotheses that there is no significant difference between girls and boy s Adolescent in psychological well-being is not acceptable, It means There is significant difference in psychological well-being among Girls and Boys adolescent.

So, this study examined gender Differences in the effects of menarche in females and voice change in males. Specifically with regard to depression, self-esteem, body image and externalizing problems .participants were 60 youths aged 16 to 17.

Conclusion

There is significant difference in psychological well being among girls and boy adolescent.

(t = 3.34)

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138.html.|